



Washington County CARES Office for Aging and Disabilities Resources

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Fort Edward, New York 12828

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Gina Cantanucci-Mitchell,
Executive Director

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Dear Community Partner:

I hope everyone had a good Thanksgiving. Now we have to get ready for the winter season. Many of you will be driving and need to be prepared for cold weather emergencies. Make sure your vehicle is stocked with items such as: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. For long trips, add food and water, medication and cell phone. I have added a brochure for older drivers about avoiding drugged driving. Many of us, not just seniors, take medication that could affect our driving abilities.

Family Matters: Public awareness and community involvement are key factors in addressing the heroin epidemic. See enclosed information about ways you can help with the crisis. Family resources and support group times and locations are also included.

Medicare: Open enrollment is still open. It will officially close for most people on December 7, 2016. If your current plan has any changes for 2016 you should have received notification from them. If you are happy with your plan then you are all set. If your plan is changing or no longer being offered in Washington County you should go online to the Medicare.gov website or contact our office before the deadline for assistance.

The Medicare Rights Center has provided a fact sheet about Medigap plans. People frequently confuse Medigap or Supplemental plans with Medicare Advantage Plans.

Scams: The Federal Trade Commission has information about a current tax bill scam. I have also provided information from Medicare Interactive on tips to prevent Medicare Fraud and how to report suspected activity.

Senior Events and Caregiver Support: There are a few events scheduled in our area for December. I have also included a flyer of the many events that the Senior Center of the Kingsbury & Fort Edward Area, Inc. has on its calendar.

Caregiver and Adult Support Groups: The holidays and winter bring stress to us all. There are support groups available in several locations in Washington and Warren Counties. There is a good selection of times and dates to hopefully meet your needs. Reach out to the many support groups that are available in our area, everyone is welcome!

Senior Sites: Contact your local senior site to visit, have lunch and enjoy some fun, social activities. The locations and phone numbers are below.

SALEM

St. Paul's Rectory
32 East Broadway

854-7294 Beth Cope

HUDSON FALLS

Kingsbury/ Fort Edward Area Sr. Center
78 Oak Street

747-9352 Max McDonnell

CAMBRIDGE

Cambridge Senior Center
5 Park Place

677-8592 Cathie Brownell

WHITEHALL

American Legion
148 Main Street (across from Park)

499-2482 Hellin LeClaire

I hope you find this information useful and will take advantage of the on-site activities. If you have any questions or would like to request a presentation on any particular topic please let me know.

Thank you,

Stephanie Ball
Training & Resource Development Coordinator

(518) 746-2572

Washington County has translation services available through Language Line. Access to this service can be done by phone or in person at our office to enable us to provide information, assistance and services for residents whom English is not their primary language of choice.